

# Fresh Fruit and Vegetable Program

## PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

### Sugar Snap Peas

Sugar Snap Peas are good for you because: they have a lot of fiber and protein. When you eat foods high and fiber and protein, your body stays fuller for longer, so you're not hungry quickly,

#### Farm to School ~

Sugar snap peas handle best during the cool weather season, so in Florida they are best grown between September and March. Snap peas are legumes and legumes actually help heal the soil after crops have caused damage, making sugar snap peas one of the farmer's best friends.

#### Selection and Storage ~

Choose peas that are bright green, firm and free of bruises.

Peas are best eaten right after purchasing, so best to use within 2 days.

#### Origin ~ Where did it come from?

The sugar snap pea was actually developed in the 1960's. Growers wanted to have a sweet pea, but with a shell that was edible. Sugar snap peas are the crossbreeding of shelling peas with snow peas. The crossbreeding makes a pea that is both sweet with an edible shell.

#### Fun Facts



For 100 calories of snap peas, there is more protein than in an egg or peanut butter!

Sugar snap peas are only available fresh or frozen because if you tried canning them it would damage their shell.

Thomas Jefferson loved peas and even grew over 30 different types in his garden.



### Word Search

E	L	B	A	T	E	G	E	V	R
N	I	S	S	R	Y	H	X	E	A
S	V	N	Q	W	B	W	B	U	G
N	Z	A	Q	O	E	I	X	K	U
L	I	P	Z	F	F	E	Z	J	S
M	G	E	M	F	I	T	T	D	E
V	K	Z	T	W	O	N	S	P	J
K	J	B	P	O	K	K	E	E	Q
S	H	E	L	L	R	A	M	X	S
G	Z	N	W	C	S	P	Y	P	Y
FIBER	PEAS	PROTEIN							
SHELL	SNAP	SNOW							
SUGAR	SWEET	VEGETABLE							



# Fresh Fruit and Vegetable Program

## SNAP PEAS COLORING



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

